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Sacramento, CA 95834
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www.bbs.ca.gov

To: Board Members

Date: May 14, 2008

From: Paul Riches
Executive Officer

Telephone: (916) 574-7840

Subject: BPPVE Approved Programs

History

Current law recognizes three separate entities for approving/accrediting marriage and family therapy degree programs, including the Western Association of Schools and Colleges (WASC), Commission on Accreditation of Marriage and Family Therapy Education (COAMFTE), and the Bureau of Private Postsecondary and Vocational Education (BPPVE). In order to qualify for registration as a marriage and family therapist intern or a licensed marriage and family therapist, the candidate must have a qualifying degree from a program approved/accredited by one of these three organizations.

On September 30, 2006 the Governor vetoed Assembly Bill 2810 (Liu). This bill, among other elements, extended the sunset date for the Bureau of Private Postsecondary and Vocational Education for one year to July 1, 2008. The veto of this legislation has the effect of repealing both the BPPVE and the underlying statutes that govern the approval of thousands of educational institutions including 21 programs offering degrees in marriage and family therapy (list of programs attached). Absent further legislative action, the board will be unable to accept degrees conferred by these 21 programs on or after July 1, 2007.

At its February 2007 meeting, the board agreed to sponsor legislation to address this problem in two ways:

1. Recognize schools in California that are accredited by regional accreditation agencies other than the Western Association of Schools and Colleges (WASC).
2. Recognize approvals granted by BPPVE until they would have expired irrespective of the BPPVE sunset.

Both of these proposals were submitted to the Legislature for consideration. However, the proposals were unacceptable to Senator Perata who is sponsoring legislation to reform the school approval system (Senate Bill 823) and were not included in proposed legislation addressing the issue. At the May 2007 meeting, the board approved proceeding with an emergency regulation to extend recognition to approved programs through June 30, 2008. Subsequent to that meeting, the Legislature passed two measures which ultimately extended our ability to accept degrees from approved programs through December 31, 2008.

At the Board's November 2007 meeting, two actions were taken that were designed to create a number of possible solutions to the problem:

1. Sponsor legislation allowing the board to recognize equivalent accrediting agencies by regulation. Accordingly, the board is sponsoring Assembly Bill 1987 (Emmerson) which has been substantially amended to explicitly recognize other regional accrediting agencies. This amendment is consistent with the board's vote at the February 2007 meeting to recognize other regional accrediting agencies. The bill also extends the board's ability to accept degrees from BPPVE approved programs through December 31, 2011. Lastly, AB 1897 contains a provision that would invalidate the legislation if a successor to the BPPVE is established during the current legislative session. The bill passed the Assembly and is currently set for a hearing in the Senate Business and Professions Committee on June 9, 2008.

2. Initiate a rulemaking to extend the board's authority to accept degrees from BPPVE approved programs for a period of four years and to continue acceptance of those degrees beyond the four year period if the program was in the process of obtaining accreditation. Staff has not begun the rulemaking because of feedback we received. Any attempt by the board to address issues of accreditation are regarded with hostility, but we have found no opposition to the board working to extend its acceptance of degrees based on BPPVE approvals.

Accordingly, staff is recommending that the board give new direction to pursue a regulation containing only the four year extension provision.

Issues

The uncertainty regarding the status of these programs continues to create anxiety among students selecting which program to enter. Many feel a need to choose an accredited program because of the uncertainty of a degree issued after December 31, 2008 (full time students take 2 – 3 years to complete a program). Attached to this memo is the information provided to board staff to use in response to inquiries regarding this issue and a letter from Steve Arthur of Ryokan College (a BPPVE approved program).

Attachments

Draft Regulations
AB 1897
Letter from Steve Arthur
Information Sheet for BBS Staff

**DEPARTMENT OF CONSUMER AFFAIRS
BOARD OF BEHAVIORAL SCIENCES
Proposed Language**

Adopt section 1832.5 in Article 4 of Division 18 of Title 16 of the California Code of Regulations, to read as follows:

1832.5 **Requirements for Degrees from Educational Institutions Approved
by the Bureau for Private Postsecondary and Vocational Education.**

(a) A doctor's or master's degree in marriage, family, and child counseling, marital and family therapy, psychology, clinical psychology, counseling psychology, or counseling with an emphasis in either marriage, family, and child counseling or marriage and family therapy, obtained from a school, college, or university that held an approval to operate from the Bureau for Private Postsecondary and Vocational Education as of June 30, 2007 will be considered by the board to meet the course requirements necessary to qualify for licensure under Section 4980.40 or registration under 4980.44 of the Code provided that the degree is awarded on or before June 30, 2012.

(b) This Section will become inoperative if legislation reenacts the Private Postsecondary and Vocational Reform Act of 1989, Chapter 7 (commencing with Section 94700) of Part 59 of Division 10 of the Education Code and the Bureau for Private Postsecondary and Vocational Education, or if legislation provides for a successor agency to the Bureau for Private Postsecondary and Vocational Education and that agency commences operations on or after January 1, 2008.

Note: Authority cited: Section 4990.20, Business and Professions Code. Reference: Sections 4980.40 and 4980.44 of the Business and Professions Code.

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- (1) the degree is awarded on or before June 30, 2012;
- (2) the degree is awarded after June 30, 2012 by an educational institution that becomes a candidate for accreditation with the Western Association of Schools and Colleges by June 30, 2012 and the institution obtains initial accreditation from the Western Association of Schools and Colleges by June 30, 2018; or,
- (3) the degree is awarded after June 30, 2012 by an educational institution that becomes a candidate for accreditation by June 30, 2012 and the institution obtains initial approval of that degree's program from the Commission on Accreditation for Marriage and Family Therapy Education by June 30, 2018.

(b) This Section will become inoperative if legislation reenacts the Private Postsecondary and Vocational Reform Act of 1989, Chapter 7 (commencing with Section 94700) of Part 59 of Division 10 of the Education Code and the Bureau for Private Postsecondary and Vocational Education, or if legislation provides for a successor agency to the Bureau for Private Postsecondary and Vocational Education and that agency commences operations on or after January 1, 2008.

Note: Authority cited: Section 4990.20, Business and Professions Code. Reference: Sections 4980.40 and 4980.44 of the Business and Professions Code.

Update #2 Regarding MFT Approved Schools

In 2007, the Governor signed two pieces of legislation to address the sunset of the Bureau for Private Postsecondary and Vocational Education (BPPVE):

Assembly Bill 1525 (Cook)

This legislation temporarily extends school approvals formerly issued by the BPPVE until July 1, 2008 for schools that had a valid approval to operate as of June 30, 2007. This legislation is intended to allow schools to retain their approvals for the purpose of interpreting laws that require graduation from a BPPVE-approved school as a qualification for registration or licensure. This bill became effective immediately on July 12, 2007 and applies retroactively to July 1, 2007. AB 1525 also extends other student protections.

Senate Bill 45 (Perata)

This bill extends by six months (until January 1, 2009), institutional approvals necessary to preserve student ability to sit for licensing exams. This bill extends the provisions of AB 1525 and does a number of other things, including establishing a Bureau for Private Postsecondary Education in the Department of Consumer Affairs that has limited functions until a larger reform bill is passed. SB 45 will take effect on January 1, 2008.

For further details regarding this and other related legislation, please contact your school or check for updates on the Department of Consumer Affairs' web site at www.bppve.ca.gov.

What does this mean for a person whose degree was or will be conferred on or after July 1, 2007?

If your school's BPPVE approval was still in effect on June 30, 2007; your degree was or will be conferred on or after July 1, 2007 and before January 2, 2009; and, if your degree meets all other qualifications, it will be accepted for Marriage and Family Therapist (MFT) Intern registration and licensure.

What does this mean for prospective students considering entering a MFT program?

The legislative provisions relating to BPPVE approvals expires on January 2, 2009. If you are considering entering a degree program at a non-accredited school, we strongly suggest that you monitor the progress of reform legislation, both Senate Bill 823 (Perata) and Assembly Bill 1182 (Niello).

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RYOKAN COLLEGE

11965 VENICE BOULEVARD, SUITE 304 • LOS ANGELES, CALIFORNIA 90066-3993
TELEPHONE: (310) 390-7560 • FAX: (310) 391-9756 • WEBSITE: WWW.RYOKAN.EDU

May 7, 2008

Dr. Ian Russ, Chair
Board of Behavioral Sciences
1625 North Market Blvd. Suite S200
Sacramento, CA 95834
(916) 574-7830
(916) 574-8625 (fax)

Dear Dr. Ian Russ,

I appreciate you taking the time for my phone call today.

Just to recap the conversation, it concerned an email I sent last week regarding 3 items I wanted the BBS to put on their agenda for the May 29 & 30 meeting in Sacramento. Allow me to list them again:

- 1) Explain the Board's position that prospective students who contact the BBS for information are told they should not attend schools that were classified as "State Approved" and to provide the official language that their people are suppose to be using and their rational for such language.
- 2) Explain the Board's position on pending legislation and the licensing of graduates from formerly State Approved schools.
- 3) Ask the Board to take action for some approval process of former State Approved schools until new legislation regarding a new Bureau is passed.

Thank you for reading the exact wording over the phone (in response to Item #1) that the BBS responders are supposed to tell prospective students. Could you please send me a copy of that paragraph? I would much appreciate having the exact wording because prospective students receive the distinct impression that their education is in jeopardy if they attend or are attending a State Approved school. Also, could you tell me in which public meeting this wording was discussed or how it was created and the names of the contributors?

You mentioned that these 3 items would not be placed on the Agenda though you might have them placed in the packets for the Board members. I believe your reasoning for this is that the Bureau's legislative status is constantly on the agenda and my concerns fall under that agenda item. That certainly could be said for Item #2, but there are other issues that, if listed as an agenda item, would stimulate greater thought and expression by the State Approved schools and not just for Board members.

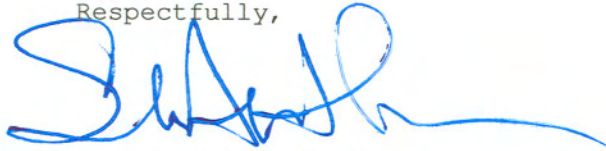
I believe the BBS's position has more to do with implied statutory authority than the legislative process. You mentioned that the BBS was simply protecting students and was within its purview. Yet, despite

how the BBS phrased the wording, it still dissuades the student from enrolling at State Approved schools. In other words, it effects an entire sector of education which seems more in the purview of the ongoing legislative process and not within the jurisdiction of the BBS.

This reaches to our basic concern: where does the BBS get the explicit statutory authority to discourage students from attending State Approved Schools? The legislative process has been going on for 18 months to re-establish oversight of 2,500 schools and 400,000 students. Legislatively, I'm sure there's a future for this sector and don't understand why the BBS does not believe in that future oversight which is why there are two separate issues involved.

Again, as far as the agenda, I would like the issues listed and discussed separately because one concerns the California Legislature and one concerns the BBS response which is to basically put us out of education.

Respectfully,

A handwritten signature in blue ink, appearing to read 'Steve Arthur', with a long horizontal flourish extending to the right.

Steve Arthur, Ed.D.
Vice President of Administration

Department of Consumer Affairs
Board of Behavioral Sciences

Approved Schools with MFT Degree Programs

For California licensing purposes:

Approved schools are those institutions that are approved by the Bureau of Private Post-Secondary Education.

The list below identifies those California schools with approved MFT programs.

We also have provided a link to a list of additional courses that would be required for licensure at these schools. That information is reflected as "**Additional Courses Required**".

- . [Argosy University - Inland Empire Campus](#), [Additional Courses Required](#)
- . [Argosy University - Orange County Campus](#), [Additional Courses Required](#)
- . [Argosy University - San Francisco Campus](#), [Additional Courses Required](#)
- . [Bethel Theological Seminary](#), [Additional Courses Required](#)
- . [California Graduate Institute](#), [Additional Courses Required](#)
- . [California Southern University](#), [Additional Courses Required](#)
- . [Church of God Theological Seminary](#), [Additional Courses Required](#)
- . [HIS University](#), [Additional Courses Required](#)
- . [Institute of Imaginal Studies](#), [Additional Courses Required](#)
- . [Professional School of Psychology](#), [Additional Courses Required](#)
- . [Ryokan College](#), [Additional Courses Required](#)
- . [San Diego University for Integrative Studies](#), [Additional Courses Required](#)
- . [Santa Barbara Graduate Institute](#), [Additional Courses Required](#)
- . [Southern California Seminary](#), [Additional Courses Required](#)
- . [Trinity College of Graduate Studies](#), [Additional Courses Required](#)
- . [University of Phoenix - Central Valley Campus](#), [Additional Courses Required](#)
- . [University of Phoenix - Southern California Campus](#), [Additional Courses Required](#)
- . [University of Phoenix - Sacramento Campus](#), [Additional Courses Required](#)
- . [University of Phoenix](#), [Additional Courses Required](#)
- . [University of Santa Monica](#), [Additional Courses Required](#)
- . [Webster University](#), [Additional Courses Required](#)
- . [Western Institute for Social Research](#), [Additional Courses Required](#)
- . [Western Seminary](#), [Additional Courses Required](#)

[World University of America](#) [Additional Courses Required](#)

Updated: October 22, 2007

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AMENDED IN ASSEMBLY APRIL 10, 2008

AMENDED IN ASSEMBLY APRIL 1, 2008

CALIFORNIA LEGISLATURE—2007–08 REGULAR SESSION

ASSEMBLY BILL

No. 1897

**Introduced by Assembly Member Emmerson
(Coauthor: Assembly Member Torrico)**

February 7, 2008

An act to add Section 4980.40.5 to the Business and Professions Code, relating to marriage and family therapists.

LEGISLATIVE COUNSEL'S DIGEST

AB 1897, as amended, Emmerson. Marriage and family therapists: licensure.

Existing law provides for the licensure, registration, and regulation of marriage and family therapists and marriage and family therapist interns by the Board of Behavioral Sciences. Existing law requires applicants for a license or registration to meet certain qualifications, including, but not limited to, the possession of a doctor's or master's degree in a subject related to marriage and family obtained from an educational institution accredited by the Western Association of Schools and Colleges, or approved by the Bureau for Private Postsecondary and Vocational Education or the Commission on Accreditation for Marriage and Family Education, as specified. By operation of law, the Bureau for Private Postsecondary and Vocational Education became inoperative on July 1, 2007.

This bill would specify that a doctor's or master's degree approved by the Bureau for Private Postsecondary and Vocational Education as of June 30, 2007, shall be considered by the board to meet the specified

licensure and registration requirements if the degree is conferred on or before December 31, 2011. The bill would also require the board to accept certain doctor's or master's degrees as equivalent degrees if those degrees are conferred by ~~California~~ educational institutions ~~and~~ accredited by specified associations. The bill would make these provisions inoperative ~~upon the enactment of~~ *on the date that* legislation reestablishing the Private Postsecondary and Vocational Education Reform Act of 1989 or a successor act and the Bureau for Private Postsecondary and Vocational Education or a successor agency *becomes operative*. The bill would require the board to post notice on its Internet Web site if the aforementioned conditions have been satisfied.

Vote: majority. Appropriation: no. Fiscal committee: yes.
State-mandated local program: no.

The people of the State of California do enact as follows:

- 1 SECTION 1. Section 4980.40.5 is added to the Business and
- 2 Professions Code, to read:
- 3 4980.40.5. (a) ~~Notwithstanding Section 4980.40 or any other~~
- 4 ~~provision of law, a~~ A doctor's or master's degree in marriage,
- 5 family, and child counseling, marital and family therapy,
- 6 psychology, clinical psychology, counseling psychology, or
- 7 counseling with an emphasis in either marriage, family, and child
- 8 counseling, or marriage and family therapy, obtained from a school,
- 9 college, or university approved by the Bureau for Private
- 10 Postsecondary and Vocational Education as of June 30, 2007, shall
- 11 be considered by the board to meet the requirements necessary for
- 12 licensure as a marriage and family therapist and for registration
- 13 as a marriage and family therapist intern provided that the degree
- 14 is conferred on or before December 31, 2011.
- 15 ~~(b) Notwithstanding Section 4980.40 or any other provision of~~
- 16 ~~law~~
- 17 (b) *As an alternative to meeting the qualifications specified in*
- 18 *subdivision (a) of Section 4980.40, the board shall accept as*
- 19 *equivalent degrees those doctor's or master's degrees that otherwise*
- 20 *meet the other requirements of this chapter and are conferred by*
- 21 *educational institutions located in California and accredited by*
- 22 *any of the following associations:*
- 23 (1) Northwest Association of Secondary and Higher Schools.

(2) Middle States Association of Colleges and Secondary Schools.

(3) New England Association of Schools and Colleges.

(4) North Central Association of Colleges and Secondary Schools.

(5) Southern Association of Colleges and Schools.

~~(e) This section shall become inoperative upon enactment of legislation in the 2007–08 Regular Session that reestablishes the Private Postsecondary and Vocational Education Reform Act of 1989 (Chapter 7 (commencing with Section 94700) of Part 59 of the Education Code) or a successor act and the Bureau for Private Postsecondary and Vocational Education or a successor agency.~~

(c) If legislation enacted in the 2007–08 Regular Session reestablishes the Private Postsecondary and Vocational Education Reform Act of 1989 (Chapter 7 (commencing with Section 94700) of Part 59 of Division 10 of Title 3 of the Education Code) or a successor act and the Bureau for Private Postsecondary and Vocational Education or a successor agency, this section shall become inoperative on the date that legislation becomes operative. The board shall post notice on its Internet Web site if the conditions described in this subdivision have been satisfied.

CORRECTIONS:

Digest—Page 1.

Text—Page 3.

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Directions from DCA to Quinn Cottages

Start at 1625 N Market Blvd, Sacramento

START

Start out going WEST on N MARKET BLVD toward GATEWAY PARK BLVD.

0.3 mi



N MARKET BLVD becomes ARENA BLVD.

0.3 mi



Turn LEFT onto TRUXEL RD.

0.9 mi



Merge onto I-80 W toward SAN FRANCISCO.

0.8 mi



Merge onto I-5 S/ CA-99 S toward SACRAMENTO/ LOS ANGELES.

2.4 mi



Take the RICHARDS BLVD exit, EXIT 520.

0.2 mi



Turn LEFT onto RICHARDS BLVD.

1.5 mi



Turn SLIGHT RIGHT onto N 12TH ST/ CA-160 S.

0.1 mi



Turn LEFT onto AHERN ST.

0.3 mi



Turn LEFT onto A ST.

0.0 mi

END

End at 1500 A St Sacramento, CA 95811-0635

Total Estimated Time: 11 minutes Total Estimated Distance: 6.90 miles

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QUINN COTTAGES



SERNA VILLAGE

Participant-driven, strength-based, award-winning supportive housing communities that transform the homeless nightmare into the American Dream.

OVERVIEW

Cottage Housing Inc. (CHI) is an independent non-profit corporation launched 14 years ago by a diverse coalition of Midtown Sacramento business and church leaders seeking solution-oriented approaches to the problem of homeless.

In the last decade, CHI programs have helped nearly a thousand homeless adults and their children making the transition from the streets to self-sufficiency, with improvements in the quantity and quality of services indicated by:

- a nearly three-fold increase in graduation rate;
- a four-fold rise in residential accommodations; and
- more than six-fold rise in number of persons served annually.

CHI's supportive housing projects add value to the Sacramento Region and its economy in three vital areas:

- **REUNITING FAMILIES:** providing over 200 children with a place to call "home", most returning from expensive foster care settings or other out-of-home-placement arrangements.
- **CREATING EMPLOYEES:** Participants show a 300% increase in employment and nearly a 50% reduction in welfare dependency. As one alumnus says: "...we're going from tax-takers to tax makers".
- **DEVELOPING HOME OWNERS:** Two youth launched CHI's 2nd generation of alumni – now 17 in all – who turned their nightmare into the American Dream by moving from homelessness to home ownership.

In late 1997, CHI opened Bishop Francis Quinn Cottages, providing sixty small housing units on 2.5 acres in Midtown Sacramento. Its number of residents with significant disabilities doubled since then, while their average length-of-stay reduced almost by half (23 to 14 months). Serving nearly twice as many people as originally planned, this two-year transitional project reduced anticipated cost-per-person by half, much less than institutional service options.

CHI's second project was the region's first and now largest long-term supportive housing program for homeless parents with disabilities who are reuniting with children in out-of-home placement. Joe Serna Village, named after Sacramento's former mayor, was opened in 2002 for 40 families in interim housing accommodations in McClellan Park. In 2006, a new 5-acre, \$14 million facility doubled its residential capacity to 83 families.

These projects operate through collaboration with Mercy Housing California, which serves as construction and property manager, as well as through alliances with other community, school, civic and religious groups.

CHI's audits show that 88% of CHI's \$1.3 million budget goes directly to program services, with two-thirds coming from government and the remainder from private sources. Every donated dollar leverages over \$10 in program services through matching support from foundation grants, government contracts and in-kind contributions of donated equipment, supplies and professional services from volunteers and community partners.

In 2006, CHI was one of 80 agencies nationwide to receive Bank of America Foundation's prestigious "*Neighborhood Excellence Initiative*" award. Its projects have been honored by other Best Practice awards ranging from the local Chamber of Commerce to state and federal housing and community development agencies.

THE CHALLENGE

Annual surveys show Sacramento County has over 1,000 more people living on the streets than existing shelter beds.

Homelessness is a possible result when someone with limited resources – economic, social, educational, etc. – experiences one or more increasingly common “trigger” factors: job loss, health crisis, divorce or “unexpected catastrophe” such as domestic violence. The traumatic nature of these circumstances is indicated by research from Stanford University Medical School showing that substance abuse and mental illness are as often a consequence as cause of homelessness. Yet costly institutional responses to the former – jail or prison, foster care, emergency hospitalization, etc. – absorb financial resources needed to address the latter, perpetuating the cycle of recidivism.

The emergence of foster care as a precursor to homelessness is a case-in-point. Homeless adults are a thousand times more likely to have been in foster care than the average citizen, and those who were are more likely to become homeless at an earlier age and stay homeless longer. This is unsurprising, since children in foster care are twice as likely as U.S. military veterans to experience Post Traumatic Stress Disorder (PTSD), and 3-to-6 times more likely than other children to experience other physical, mental/emotional and developmental problems. Ominously, homeless parents from foster care are 2-to-3 times more likely to have their own children in foster care, a significant problem since around 75% of youth become parents within 18 months of leaving the foster care system.

Supportive housing programs constitute a crucial link in diverting these children from a lifetime of dependency. Yet studies show a very tight 6-month “window of opportunity”, as it takes about 18 months for parents with substance abuse and/or mental health problems to stabilize sufficiently to regain child custody, with reunification is increasingly unlikely after 24 months. With family reunification unsuccessful in almost a third of foster care children – nearly half failing within the first 90 days, a supportive living environment can mean the difference between success and failure.

THE OPPORTUNITY

To secure residency in CHI’s projects, applicants commit to:

- 1) remain sober even if they don’t have a substance abuse problem, in respect for the majority who do;
- 2) track progress toward self-defined personal development goals; and
- 3) perform voluntary service to help others as they have been helped and give back to their community.

With the help of a self-recruited support team, each participant develops a personalized action plan which usually includes medical or dental care, self-help recovery groups, remedial educational and/or vocational training, independent living skills workshops, job readiness and placement activities and social/cultural or recreational events. CHI’s extensive youth leadership development program –SKYLAB Youth Production Studio -- focuses on the cultivation of social, academic, artistic and technology skills, ecology projects and recreational activities.

Most staff are CHI program alumni who have learned to do things *with* rather than *for* people and treat residents as *participants* rather than *recipients*. This approach is based on an asset-based “resiliency” model that cultivates participants’ strengths and capabilities through engagement in real world/real work experiences. Nurturing their sense of belonging, usefulness and influence fosters the competence, confidence and creativity that participants will need to successfully complete their transition to independent living and gainful employment.

These opportunities engage participants in every aspect of project operations, including: staff hiring and tenant selection; eviction appeals; community ambassadorship; project budgeting; curriculum development; and membership on each project’s Residents Councils and CHI’s corporate Board of Directors. Participants helped design the *PASSPORT TO SELF-RELIANCE*, a tracking tool they now use to self-document activity attendance and monitor progress toward participation goals.

Rendering volunteer service to others – an important step in any self-help process -- provides participants with the chance to develop job skills and work experience, enhance social skills and expand their personal support network. By lending a hand rather than looking for a hand-out, such service visibly contradicts negative stereotypes while lowering operating costs to maximize the value of each dollar donated to CHI’s programs.

CHART #1: Nearly three-fold increase in success rate.

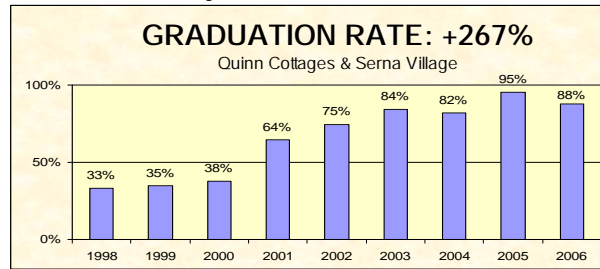


CHART #2: A four-fold expansion in residential accommodations

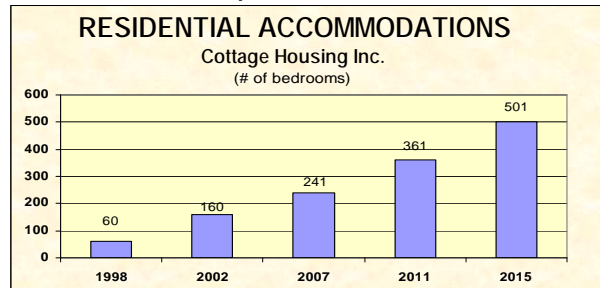


CHART #3: More than six-fold increase in residential capacity

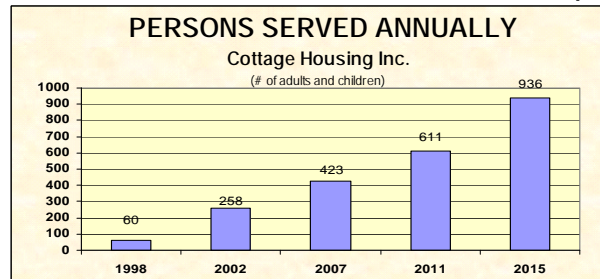


CHART #4: "Going from tax-takers to tax-makers"

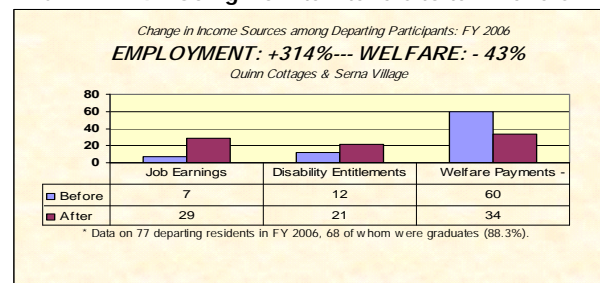
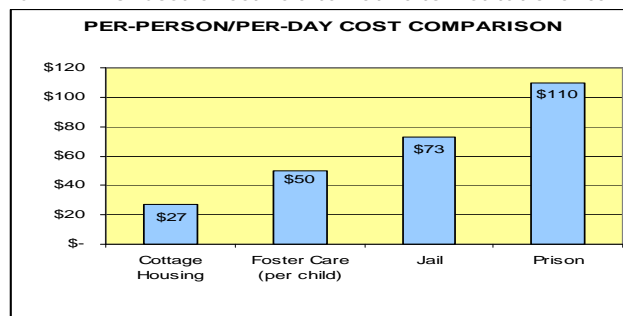


CHART #5: Cost-effective alternative to institutional care



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Program

- We do things with people rather than for them, using the strength-based Resiliency Model.
- Residents are participants (not recipients) engaged in every aspect of program operations.
- Program applicants commit to maintain sobriety, pursue self-defined personal development goals and perform voluntary community service.

Progress

In the last decade:

- Graduation rate increased from 31% to nearly 90%.
- Residential capacity rose from 60 to 241 bedrooms.
- Participants served annually increased from 60 to 450.

Cost Benefit

- Each program graduate saves taxpayers up to \$100,000 annually by paying taxes instead of creating costs.
- Family reunification saves taxpayers up to \$1 million during the dependency years of the more than 200 children served annually by our program.
- Each donated dollar leverages over \$10 in program services through matching support from contracts, grants and in-kind donations.
- Nearly 90% of our budget funds program services, with just over 10% for administration.



Bishop Francis Quinn and Mayor Joe Serna help launch the Cottage Housing solution in 1994.

A Decade of Achievement

- 1998 **"Best Practice"**
U.S. Department of Housing and Urban Development
- "National Award for Innovation" - Quinn Cottages**
Association of Local Housing Finance Agencies
- 1999 **"Non-Profit of the Year"**
River City Business Consortium / Metro Chamber
- "Facility Recognition"**
American Association of Interior Designers
- "Design Commendation"**
California Energy Commission
- 2000 **"Director's Award for Housing Excellence"**
California Department of Housing and Community Development
- 2002 **"Best Bang for the Buck"**
Sacramento Public Relations Association
- 2003 **"Business Leader of the Year"**
North Highlands Community Awards
- 2006 **"Neighborhood Excellence Award"**
Bank of America Foundation
- 2008 **"Exemplary Award for Innovation" - Serna Village**
Association of Local Housing Finance Agencies



Help Us Make a Difference

- Send a donation •
- Make a secure donation on the web •
- Volunteer your time and talent •



Transforming the
homeless nightmare into
The American Dream
since 1997



www.cottagehousing.org

1726 Professional Drive, Sacramento, CA 95825
(916) 971-1566 • www.cottagehousing.org

What Is Cottage Housing?

We create healing communities where people help themselves – and each other – to transform their homeless nightmare into The American Dream.

Reuniting Families

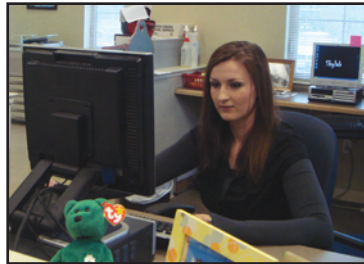
Of the over 200 children served annually, nearly 90% have returned home from foster care or other out-of-home settings.



"Finally, my whole family is under the same roof."

Creating Employees

Program graduates increase employment by 300% and lower welfare dependence by over 40%.



"We're moving from tax-takers to tax-makers!"

Developing Homeowners

Eighteen graduates achieved the American Dream, moving from homelessness to home ownership.



"Owning a home is the ultimate sense of accomplishment."

Quinn Cottages

Named after Bishop Francis Quinn, one of Sacramento's prominent social justice advocates, Quinn Cottages opened in late 1997 to provide 60 small housing units within a healing community in Midtown Sacramento.

In the last decade, our graduation rate tripled, while the percentage of participants with disabilities doubled.

The average length-of-stay decreased from 23 to 14 months, cutting in half the project's originally anticipated cost-per-person.



Serna Village

Dedicated to the memory of Joe Serna, Sacramento's former mayor, Serna Village was the county's first and now largest long-term supportive housing program for homeless families.

Located in McClellan Park, this healing community accommodates 83 families and gives over 200 children a place to call "home."

The program's SKYLAB Youth Production Studio cultivates social, academic, artistic and technological skills.

Participating youth engage in leadership training, ecology projects, community services and fitness/recreational activities.



We operate these projects in collaboration with Mercy Housing California, in partnership with government, community, school, civic, corporate, and religious groups, and through financial support from generous individuals.



"Home to a brighter future"



History

The leaders of Loaves & Fishes, Inc., a local homeless service and advocacy agency, saw several small bungalows on their property as a model for moving beyond short-term, crisis-oriented responses to the problems of homeless people. Because their agency does not utilize government funds, the vision gave birth to the creation of Sacramento Cottage Housing Inc. (SCHI), which would create individualized living accommodations as a transitional alternative to high-density, emergency shelter dormitories. With support from mid-town clergy and concerned citizens and politicians, SCHI was born.

- 1993 - Launched by a coalition of mid-town religious, business, and community leaders who installed a factory-built "cottage" in front of Sacramento's City Hall. Mayor Joe Serna and Bishop Francis Quinn dedicate cottage prototype in front of Sacramento's City Hall in November 1993.
- 1994 - Incorporated as a non-profit corporation with the goal of building 1,000 cottages within healing residential communities.
- 1997 - Grand opening of our inaugural project, Quinn Cottages in Midtown Sacramento.
- 2001 - Doubled the agency's residential capacity by opening a second project—Serna Village in McClellan Park.
- 2004 - Our agency launched its second decade by starting construction of facilities that will double the capacity of Serna Village from 40 to 84 families.
- 2006 - Opened the "new" Serna Village in McClellan Park, doubling the capacity

Resiliency Model

The Cottage Housing model is based on an "asset" or "strength" based approach often referred to as the **Resiliency Model**.

As described by researchers Bonnie Bernard, Werner & Smith, Lifton and others, this approach defines resilience as the human capacity of all individuals to transform and change, no matter what their risks; it is an innate 'self-righting mechanism', an inborn capacity for transformation and change.

Resilience skills include the ability to form relationships (social competence), to problem solve (metacognition), to develop a sense of identity (autonomy), and to plan and hope (a sense of purpose and future). While many social and life skills programs have been developed to teach these skills, the strong message in resilience research is, however, that these attitudes and competencies are outcomes, not causes of resilience.

This model conveys a belief in our innate resilience and looks for strengths and assets, as opposed to problems and deficits. This knowledge grounds practice in optimism and possibility, essential components in building motivation.

The development of resiliency is none other than the process of healthy human development.

If we hope to create socially competent people who have a sense of their own identity and efficacy, who are able to make decisions, set goals, and believe in their future, then meeting their basic human needs for caring, connectedness, respect, challenge, power and meaning, must be the primary focus of any prevention, education and development effort.

PASSPORT TO SELF RELIANCE

This program intends not simply to generate motion, but rather build momentum toward personal goals.

Participants and staff worked together to design their own tool for tracking their progress within the program. We call it their PASSPORT TO SELF-RELIANCE.

With the help of a designated support team, each participant commits to a personalized action plan to achieve immediate progress and long term results.

Participants use this booklet to verify attendance at counseling sessions, support groups and skills workshops. It also used to confirm volunteer service hours and give credits for extra effort. These are compiled through a monthly point system, with top achievers earning recognition and gift certificates. This booklet also includes a daily to-do list, monthly calendar, meeting schedules, and other helpful tools.

Progress = Learning and Growth

Applicants to our programs make the following commitments to lasting change in their lives:

- REMAIN SOBER even if they don't have a substance abuse problem, out of respect for the +70% of participants who do.
- PERFORM VOLUNTEER SERVICE to give back to the community that supports them.
- TRACK THEIR PROGRESS toward self defined personal development goals.

Participants connect to medical services, self help recovery groups, vocational training, independent living skills workshops, and recreational activities, tracking involvement and progress toward self defined stabilization goals in their PASSPORT to SELF-RELIANCE.

Awards

- 1998
 - Best Practice award from U.S Dept. of Housing and Urban Development
 - National Award for Innovation from the Association of Local Housing Finance Agencies
- 1999
 - Non-Profit of the Year Award from River City Small Business Consortium
 - Facility Recognition from the American Association of Interior Designers
 - Facility commendation by California Energy Commission for facility efficiency
- 2000
 - Director's Award for Housing Development Excellence, from California Dept. of Housing & Community Development
- 2002
 - Best Bang for the Buck Award, from Sacramento Public Relations Assn. for McClellan campaign
- 2003
 - Business Leader of the Year Award for Executive Director Robert Tobin, at North Highlands Community Awards Banquet
- 2006
 - "Neighborhood Excellence Award"
Bank of America Foundation

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Quinn Cottages

Since opening in 1997...

- +80% "graduate" with housing secure, income stabilized and sobriety intact
- Over a half dozen alumni became home owners in the last three years
- Transitional housing up to 24-months for those who commit to program
- Referrals from shelters, drug treatment or domestic violence programs.
- 60 transitional housing units for homeless individuals, a couple, or parent & child
 - Healing residential environment for up to 24 months

Eligibility requirements for Quinn Cottages:

- ✓ Must be homeless by HUD'S guidelines (living in an emergency shelter, drug and alcohol program, or living on the streets. **Cannot be sleeping on someone's couch**);
- ✓ Must have 30 days clean time before moving into the facility;
- ✓ Must be single, married, or 1 adult with a child;
- ✓ Must be working with another agency and be referred through that program;
- ✓ Must be out of jail/prison for 6 months or have a letter from parole/probation recommending you to the Quinn Program
- ✓ Must attend orientation that occurs every Wednesday or Saturday at 11:00 a.m.;
- ✓ As they progress in their journey towards self-reliance, participants are expected to engage in deeper community involvement outside their own neighborhood. By making a commitment to voluntary service, participants give back to their community while reacquiring the dignity of citizenship
- ✓ Applicants must identify and commit to lasting changes in their own life. This commitment has to be real, and is easily recognizable to the other participants and staff alumni who help with application screening.
- ✓ Virtually all adult participants have disabilities. As conditions of program eligibility, all must commit to sobriety, personal development and voluntary community service.

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COTTAGE HOUSING INC.

THE PHOENIX

FALL 2004



HOORAY FOR SERNA EXPANSION

By Frewoini Beshir
Resident, Quinn Cottage

The future is bright for Sacramento area homeless residents. Serna Village will soon be doubling in size, serving even more homeless adults and their children.

In June of this year, Cottage Housing Inc. (CHI)'s project development partner, Mercy Housing of California, was awarded Low Income Housing Tax Credits that should generate approximately \$14 million in investor equity for facility expansion at Serna Village.

Roderick Hayes, Program Director at Serna Village, said, "This will further meet the needs of homeless families in this county."



Lori Hastings, Serna Village residents leads local dignitaries in a formal "ground breaking" ceremony as other residents look on.

Currently, Serna Village serves 40 families in interim housing units while the 84-unit facility is being built.

Like Quinn Cottages, its sister project, 80% of Serna Village participants "graduate" from the project with housing secure, income stabilized and sobriety intact.

Serna Village was named after the late former mayor Sacramento Board of Supervisors unanimously approved the settlement agreement. In mid-December 2002 SCHI held its opening ceremony for Serna Village's temporary location, which consisted of 40 interim units.

Prominent local attorney

SEE EXPANSION PAGE 2

Cottage Housing, Inc. (CHI) is a Sacramento region non-profit founded in 1994 that creates healing residential communities that empower people to overcome the causes and consequences of homelessness. Its projects operate in partnership with Mercy Housing California.

At our 60-unit site, Quinn Cottages, over 80% of all residents transition to self-sufficiency. Our second site, Serna Village, provides supportive housing for forty homeless families on an interim basis while a new 84 unit facility is being built at McClellan Park.

CHI's goal is to create 1,000 supportive units by the end of the decade.

2ND "FORWARD.MARCH!" WALK-A-THON

DATELINE: State Capitol

On a crisp fall Saturday morning the day belied the coming of winter. With spirits as bright as the sunshine, nearly two hundred people assembled on the East lawn of the Capitol to join in the fight against

homelessness. Proud in their participation, a dozen local agencies serving the homeless community gathered their troops, gave speeches, chanted the call for help towards the legislative halls, and marched on and around the Capitol.

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EXPANSION CONTINUED...

Tina Thomas, Legal Services of Northern California and Morrison & Foerster played prominent roles in the advocacy effort Tawatao, an attorney at wrote, "Serna Village is not a miracle but the result of years of tenacious advocacy and hard work by a dedicated team of housing providers, homeless activists, and legal services and private attorneys and their supporters."

This is what Mark Hedlund, a News 10 reporter, had to say

about Serna, "It is one of the most successful programs in the country."

Construction on the new facility at McClellan Park is expected to begin later this year. Once completed, this expansion will bring the total number of units cottage housing operates to 144.



Construction begins on +6 acre McClellan Park site, where Mercy Housing Inc. and Ekistics Design Studio are coordinating construction of eighty-four 1-to-4 bedroom apartments for homeless families and a 5,000 sq. ft. community center for Serna Village. Cottage Housing Inc. operates the support services program.

SERNA SUPPORTS THE 5-5-5

By Frewoini Beshir

On June 17 at 11 a.m., Serna Village Support Services worker Katrina Duncan accompanied Serna residents Elizabeth Alexandro, Laurie Hastings and Lori Hesch to a meeting with Don Notolli, a member of the Board of Supervisors (BOS). Their mission was to express their support of an inclusionary housing policy (the 5-5-5).

Duncan said, "I'm in direct support of Sacramento Housing Alliance (SHA) and I wanted the participants at Serna to have a voice and feel empowered."

According to SHA an inclusionary housing policy is a city or county requirement that calls for a percentage of new housing being built to be made affordable to lower-



income residents.

Hastings said, "I attended because I wanted to let him know how important low-income housing was, and to convince him of the importance of his vote."

According to SHA, an inclusionary policy helps to produce new, quality affordable

housing units. The policy allows for affordable units to be integrated into market rate development, therefore creating inclusive communities.

Alexandro, who has attended other BOS meetings, said, "I hope our voices were heard...I am grateful for the opportunity to grow."

SHA says the policy requires 15 percent of all new housing to be affordable: five percent for low-income people, and five percent for very low-income people, and five percent for extremely low-income people.

The women got a chance to share their struggles as well as their success.

Hastings said, "We were there for about an hour, sharing our stories, he [Notolli] also shared his life experience; he was compassionate and he encouraged us to keep going with our lives."

On July 28 the BOS will decide if the 5-5-5 policy should pass.

“HI MY NAME IS NEENA AND I’M AN ALCOHOLIC ADDICT.”

“I AM REALLY
EXCITED. I HAVE
HOPE NOW, AND
I’M LOOKING
FORWARD TO THE
FUTURE.”

~SHANEENA HUNTER

My birth name is ShaNeena but most people don’t get it right so I go by Neena.

I was born January 15, 1976 in Akron, Ohio. Isn’t it ironic I was born in the city and state A.A. was founded? It seems to me that I was almost destined to now be a recovering alcoholic. I say almost because I believe I am an alcoholic due to bad choices.

I was born to teenage parents. My mother, who had been very sick since the age of two, wasn’t much of a drinker but she did smoke weed every now and then. My dad on the other hand was a full-blown alcoholic by the time he was 16 years old.

Everybody on my dad’s side of the family drank, my grandmother, grandfather, every single aunt and uncle that I knew of including my two younger sisters. So at 16

years old I too was sucked into the generation curse of alcoholism.

Now, like I said before, I became an alcoholic due to some bad choices. I could have taken another path but that path looked boring. When I started drinking at 16, I had dropped out of high school and I went into Job Corp in Golconda, IL. In Job Corp I was free from my mom and my aunt who raised me, whom I felt were too protective over me. I liked Job Corp because even though I was 16 the staff didn’t care if I smoked.

I was in self-destruction heaven when I first started drinking; I loved the person I became. When I drank I wasn’t shy, I was the life of the party. I was funny, confident and sociable. I stood up for myself. I didn’t let people push me around. I loved alcohol, it was my magic potion.

All that changed when I was kicked out of Job Corp because I had been there for a year and I didn’t have any-

thing to show for it. I was ashamed. I didn’t want to go home but I had nowhere else to go. When I went home I barely came out of my room.

I no longer needed friends to drink. I now needed alcohol to escape. Alcohol was my friend and counselor. It didn’t take long for me to wake up one morning with this hunger in the pit of my stomach, and



it wasn’t for food but for a beer.

By the time I reached 25 I hated alcohol, drugs and most of all, myself. I had broken every moral I had set for myself before I started drinking. I tried programs, residential and outpatient. I tried N.A., A.A. and I also tried to stop for my mom, step-dad, CPS, and my children, but nothing worked.

I was tired, tired of trying and tired of living. I wanted to die, but I didn’t want to do it myself. I had tried to kill myself the year before but I was unsuccessful.

By this time I had given up and I welcomed death. I tried to put myself on the front lines; I wanted someone to take my life.

In April 2001 I was beat in the back of the head with the butt of a pistol. I died that night to the way I was living my life. I gave my life to Jesus Christ the next day and I haven’t used drugs or alcohol ever since. Sometimes I joke and say that God knocked some sense into me.

I celebrated three years clean and sober in April of this year. Three months ago I finally got my own place here at Quinn Cottages. My next big goal is regaining custody of my eight-year-old son.

I am really excited. I have hope now, and I’m looking forward to the future.

THANKS TO OUR FINANCIAL SUPPORTERS!

JANUARY THROUGH JULY 2004

Cottage Housing Inc. gratefully acknowledges those whose support helps our projects' participants realize their possibilities.

PATRONS

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Robert Tobin			
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GOVERNMENT GRANTS

U.S. Dept. of Housing &	Sacramento Dept. of Human Assistance	Federal Emergency Management Agency
Urban Development	Sacramento Employment & Training	Sacramento Housing & Redevelopment
	Agency	Agency



COTTAGE HOUSING INC. CELEBRATES 10 YEARS OF CREATING SOLUTIONS FOR HOMELESSNESS!

CHI would like to thank the community for their tremendous support of our 10th Anniversary Celebration. The event was a huge success, helping us to continue our mission of helping homeless people achieve self-sufficiency.

"I want to thank you for allowing me to participate in this program and for helping people in need," Leonard Richards II.



"I'm very grateful for these programs that are here for us, that help us keep going to have a better life," Maureen Stevens.



"Thank you for understanding our reality," Kristine Freeze.



"I would like to thank all those who supported us in our beginnings, thank you for your inspiration," Bruce Thibodeau.



"I would like to thank our supporters for having the compassion and understanding to make our dreams come true, because without your support there wouldn't be any programs," Laurie Hastings.

Show Your Holiday Spirit While Helping Homeless People Who Are Helping Themselves

Your donation will provide your friends, relatives and neighbors
with a holiday gift that keeps on giving!!



front of card
(5" x 7")

back of card



ABOUT THE ARTIST

During his two-year residence at Quinn Cottages, Gary Gudeka served as secretary of the Residents Council and founded a creative arts workshop. He moved into his own apartment on August 1st, 2002.

ABOUT THE AGENCY
Sacramento Cottage Housing Inc. creates healing residential communities for people recovering from homelessness. Its first two projects are operated in partnership with Mercy Housing California, Inc. At our 60-unit *Quinn Cottages* site, two-thirds of all residents graduate to self-sufficiency and one-third of these also achieve family reunification. *Serna Village*, opened this year at McClellan Park, provides 40 housing units for homeless families. Our goal is to create 1,000 housing units by the end of the decade.



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message inside card

In appreciation for your donation...

Gift Level	Number of Cards
\$25	10 cards
\$60	25 cards
\$100	50 cards
\$175	100 cards
\$450	250 cards*
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\$1,250	1,000 cards*

inquire about pricing for larger orders
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In the spirit of the holiday season,
a gift has been made in your honor to
Sacramento Cottage Housing Inc.,
a local program that helps homeless people help themselves
in their transition from the streets to self-sufficiency.

NOTE: 50% of this purchase is tax deductible - consult your tax advisor for details

HOLIDAY GREETING CARD ORDER FORM

Please make checks payable to: **Sacramento Cottage Housing Inc.**
529 12th Street, Sacramento CA 95814 **phone:** (916) 446-2541 **fax:** (916) 448-6427

NAME _____
ADDRESS _____
PHONE# _____ FAX# _____ E-MAIL _____
ORDER VOLUME: _____ PURCHASE AMOUNT _____ DELIVERY DATE _____
IMPRINT? _____
COMMENTS _____

This entrepreneurial enterprise has been sponsored by **WELLS FARGO**

FUN IN THE SUN AT THE N.A. CAMPOUT

By Frewoini Beshir

The Narcotics Anonymous campout was held at Rollins Lake from June 8th through the 10th. On Friday morning, Serna Village and Quinn Cottages residents' caravanned to lake to the set up the campsite.

Doug Maxwell, a drug and alcohol counselor at Quinn, said, "The campout went really well, the speakers were great, and I would like to give a special thanks to Leonard and Kim for going up there early and setting up the shade canopy."

With tents put up and sun block on, participants were ready to see what the camp had to offer. Before the main speaker's presentation began, everyone decided to get on the hayride that was headed towards the lake.

Ten-year-old James Yeager from Quinn said, "I really liked the part where I got to go swimming, I liked the way

they had the store next to the lake."

For hours campers basked in the sun and jumped in the lake to cool off. At dusk eager campers brought their folding chairs to the meadow to hear the main speaker, Jimmy Jam, share his experience,



strength, and hope.

Kenny Sellers, a Quinn resident, said, "I thought it was a great campout with a variety of people that were clean and sober."

After the speaker presentation there was a dance held at the lake, and the never-ending

dance floor was packed with social butterflies. Lastly there were marathon meetings for the night owls starting at 10 p.m. until 7 a.m.

Kim Gorman said, "It was a wonderful experience."

Saturday was a replay of Friday with the exception of the talent show, which featured

Quinn resident, Alicia Moreno. She captivated the audience singing

"Stay" by Lisa Loeb.

Her mother Stefani Alexander said, "I thought the talent show was great, at times hilarious."

There was an unlimited supply of food in addition to snacks and soda. Steve Read, a Quinn resident who is

studying to become a chef, kindly prepared mouthwatering meals for the entire weekend.

On Sunday those who wanted to enjoy the campout to the last drop went to the lake for their last swim while others went to the meadow to hear the last speaker. Finally sleepy, tired, and just plain exhausted from the great outdoors, everyone prepared to leave.

Kierstin Carlisle, a resident at Quinn, said, "It was very peaceful and spiritual, I look forward to going next year."

Residents had a chance to bond with their families and friends and an opportunity to meet people on the same path as themselves in a serene setting.

SOAPY SUDS FOR EXTRA FUNDS

By Frewoini Beshir

As the days began to get warmer, Quinn Cottages residents looked forward to the upcoming car washes. Finally May 15 rolled around and all those who anticipated this Saturday morning woke up and threw on their car wash gear, grabbed their towels and soap and headed out to the designated cars.

Virginia Saunders, a coordinator at Quinn, was in charge of the fundraiser. Saunders said, "We mainly had the car washes to raise money for the campout, but we also have them so that we can have money in our resident council fund."

The first car wash was held on Broadway and Riverside and it was a success. The second was on Howe Avenue next to

the pizza parlor and it wasn't as good as the first. Fortunately residents were determined, they didn't let anything get in their way. They were fighting the wind, which was trying to knock the signs they were holding out of their hands. They hung in there for hours before getting their first customers.

The fun began as six participants grabbed soapy towels to wash one car, and the best part was when one of the kids

grabbed the hose and squirted everyone with cold water.

There were a number of reasons why residents wanted to help out with the car wash. Some participated to raise the funds needed for the campout, others did it for the comradeship. Kristina Lares, a resident at Quinn, said, "I wanted to get out of myself and do something new and different... the car wash was fun."

SKY LAB LAUNCHES

**“SKY LAB:
YOUTH, ART,
INTERACTION,
REACTION...
MOVING
FORWARD,
EXPANDING
HORIZONS”**

The staff and participants of Serna Village are proud to introduce SKYLAB Youth Production Studio, a place where youth and creativity come together to inspire positive community change.

SKYLAB believes that youth are valuable assets with important ideas, and therefore seeks to provide a safe, creative, nurturing space in which children can pursue their own interests as well as work together to ask questions and present creative solutions to community problems. The SKYLAB name evolved out of

a brainstorming session with a group of teens in which we strove to sum up the concept of "expanding our horizons" (SKY) and "the facility which provides the means for this action (LAB)."

SKYLAB currently runs the following three programs for formerly homeless youth in the Sacramento Region:

SKYLAB Youth Leadership Program which cultivates creative artists and community leaders age 15-20. Youth participate in an intensive semester-long leadership training program including a leadership retreat, weekly personal and professional development workshops, and an exploration of a community focus issue of their choice. Through a creative independent project youth receive a \$500 stipend upon completion of the program.

SKYLAB Production Stu-

dio is an open production studio for youth age 12-20 with access to high quality video and sound equipment, visual art materials, and professional mentors to give direction and assistance. They have access to academic and individual support in areas such as GED test preparation, tutoring, health and fitness classes, and life skills. Quarterly celebrations are held for youth to present their work and ideas to the community.

SKYLAB Shooting Stars is an art and technology after-school program for youth age 6-12. They learn new skills, have fun, and participate in their community through projects such as mural painting, greeting card design, and gardening. All projects focus on teaching basic life skills such as creativity, respect,



responsibility and dedication.

SKYLAB will host its first open house on August 13th from 6-8 p.m. Please contact Vanessa Diffenbaugh or Jim Vetter at (916)283-5798 or vdiffenbaugh@sbcglobal.net if you would like to attend the open house or to become involved in SKYLAB.

SERNA VILLAGE YOUTH PARTY ON



By Frewoini Beshir

Serna Village parents, kids, and staff got together on June 11 and had a party to acknowledge the youths for making it through the year. There was lots of food, a water balloon fight between staff and parents, and a tug of war with one side of the street versus the other.

Vanessa Diffenbaugh, the youth coordinator, said, "I think the best part of the

party was everyone working together to make it happen."

As the DJ played on, a 3-year old danced in the driveway. According to Diffenbaugh, it also gave her a chance to announce the summer youth program schedule.

One of the teens said the party was cool. A great start for the hot summer.

NEW BEGINNINGS START AT TOASTMASTERS

By Frewoini Beshir

Residents and staff of Quinn Cottages and Serna Village chartered their own Toastmasters group called "New Beginnings". They meet every Tuesday at noon with hopes of learning how to become great speakers.

According to the Sacramento Bee, every week 25 to 30 men and women who bear the physical and emotional scars of homelessness, addiction and violence gather under the harsh fluorescent lights of a conference room to learn how to speak prettily and passionately.

"I had never heard of Toastmasters before I joined this group," said Quinn Cottages

resident ShaNeena Hunter to the Sacramento Bee. "But I do love to talk, and I feel I have an encouraging story to tell." Hunter hopes her newfound communication skills ultimately will help her get a good job in the field of human services.

On July 6, 2004 mentors who were instrumental in the club's formation and representatives from the local district of Toastmasters Inter-

national attended the "New Beginnings" meeting, and officially recognized the

newly formed club. They installed officers of the club and handed out certificates to each member. Both staff and residents volunteered for the wide-range of leadership opportunities available as a club officer.

"PUTTING PEOPLE IN SITUATIONS WHERE THEY GET UP IN FRONT OF A ROOM OF PEOPLE AND TELL THEIR STORIES AND RECEIVE SUPPORT IN A FRIENDLY ENVIRONMENT IS A GREAT THING. IT'S PART OF THE WHOLE HEALING PROCESS."

~ROBERT TOBIN

The Bee wrote, Robert Tobin who runs Quinn Cottages on A Street and Serna Village, its

sister program at the former McClellan Air Force Base, said he and other administrators decided Toastmasters would be a perfect addition to the wide range of services already available to residents and staff members.

"Putting people in situations where they get up in front of a room of people and tell their stories and receive support in a friendly environment is a great thing," Tobin told the Bee. "It's part of the whole healing process."

MY PAST, PRESENT AND FUTURE

Dennis Stransky

On Thursday, May 20, 2004 26 people graduated from Quinn Cottages, successfully completing the program. One of the graduates, Dennis Stransky, has been gracious enough to share his story.

I was born and raised in Kalona, Iowa in a small family. I lived with my parents and my brother. Alcohol, drugs, and violence were not present in my family. Kalona is a small community where everyone knows each other. In 1976, I graduated from high school, and I moved to a city one hour away. I lived in a boarding house with a mother and her son along with three

other guys. The guys all partied and asked if I wanted to join them and I said I didn't drink. They talked me into it, and we drank pitchers of beer and I liked it, until I had a hangover, which was not pretty. Then it led to smoking pot and popping speed in pill form.

In 1982 I met someone and came to San Jose, CA to live with him and his family and that's when I started drinking wine. His family was brought up to have wine at lunch, dinner and after dinner. In 1986 I moved to Sacramento and I got involved in two physically and verbally abu-



By

SEE DENNIS BACK PAGE



COTTAGE HOUSING INC.

529 12th Street
Sacramento, CA 95814

Phone: 916-446-2541

Fax: 916-448-6427

WWW.COTTAGEHOUSING.ORG

DENNIS CONTINUED....

sive relationships. Then my partner told me that he had leukemia and it was in remission. When he threw me out on Christmas in 1988 I got tested for HIV and it came back positive, and I said there has to be a mistake. I took a second test and that also came back positive. I was totally devastated.

I went on a lonely, long run for 11 years until I got busted for too many traffic tickets and having needles in my possession. I went to drug diversion then in March 2001, and I had to move out of my apartment because I was stealing SMUD electricity. I didn't have anywhere

to go so I ended up on my friend's couch, but that didn't last long because he was in the process of moving.

My alcohol and other drugs (AOD) counselor at CARES told me about Quinn Cottages. He said it was a structured two-year program. At that time I didn't want structure, but I didn't have a choice so I moved in, and I was glad I did. At first I didn't know what to do, I didn't want to work the steps or get a sponsor, but I slowly jumped into

the swing of things.

I welcomed the new residents and helped them get settled in. I was in charge of

donations and president of resident council for two terms. I was also the representative for the Board of Directors of SCHI. I did everything above and beyond what

was required, and moved out of Quinn after one year and seven months graduating with honors.

I am now secretary for the BOD; I facilitate a group of potential newcomers on a weekly basis. I make passes for all the agencies and I am on my second term as secretary at a Narcotics Anonymous meeting at the Salvation Army. I have been clean for three years and two and half months. If I can do it anyone can. I would like to thank Peggy Merial and the staff at Quinn Cottages for helping me get back on my feet.

"IF I CAN DO IT
ANYONE CAN."

~DENNIS
STRANSKY



This story is taken from [Sacbee](#) / [Community News](#) / [Sacramento City News](#).

Quinn Cottages observes 10 years

Transitional-housing program welcomes Bishop Francis Quinn as its inspiration.

By Edgar Sanchez - esanchez@sacbee.com

Published 12:00 am PST Thursday, December 6, 2007

Like any other community, Quinn Cottages has had its share of parties over the years.

The transitional-housing complex has celebrated weddings, births, college graduations and other milestones for its formerly homeless residents.

But the biggest bash occurred last week, when Quinn Cottages marked its 10th anniversary of helping people get off the street and into society's mainstream.

More than 100 guests attended the festivities in the community center of the 60-unit village on North A Street.

The guest of honor was Bishop Francis Quinn, the man who inspired the cottages' construction during his tenure as leader of the Sacramento Catholic Diocese from 1980 to 1994.

Opened on Nov. 12, 1997, the 2 1/2-acre complex bears his name.

"The work that you are doing here is at the heart of the Gospel, and at the center of all religions – serving and helping others," Quinn said to the village's staff members.

Quinn was introduced to a standing ovation.

After thanking the guests, he sought to minimize his role in the cottages' advent, maintaining that the credit should go to others, including the late Sacramento Mayor Joe Serna Jr.

Nevertheless, Quinn said he was proud to be associated with the cottages named for him.

"I haven't been able to be with you. I've been in Arizona for 13 years," said Quinn, 86, who ministered to American Indians in that state before recently returning to Sacramento for good.

Quinn was presented with a plaque honoring "his lifetime dedication to social justice" and human dignity.

Besides acknowledging key supporters, the celebration also hailed statistics showing that Quinn Cottages has been remarkably successful.

About 555 adults and 51 children have lived in Quinn Cottages in the past decade, program officials announced. Exactly 320 of the adults – or nearly 60 percent – have graduated.

"Graduated means they left with housing secured, their income was usually stabilized, and they were clean and sober," said Robert Tobin, executive director of Cottage Housing Inc., the agency that runs the Quinn Cottages program.

In the past decade, the project's graduation rate nearly tripled, from 31 percent to 86 percent, according to a press release.

"During this time, the average length of stay was reduced from 23 months to nearly 14 months," the press release said.

Two years is the maximum stay. The monthly rent ranges from \$18 to \$378, depending on a person's income.

In an announcement that prompted applause, Tobin added:

"Fifteen of our graduates have become homeowners, transforming the homeless nightmare into the American dream."

One new homeowner is David Husid, who, after serving about four years in prison for nonviolent crimes, found himself homeless.

He resided at Quinn Cottages for 15 months, until he graduated in May 2003.

Husid returned to Quinn Cottages a year ago to become the complex's on-site project director, supervising a staff of six.

"I truly believe everyone has the ability to bounce back, given the right opportunities and help that is needed," Husid, 46, said. "That's what I got here at Quinn."

Husid, who this year earned a degree at American River College in human services and chemical dependency studies, is paying a mortgage in Citrus Heights. His fiancée, Nanette Aubut, lives with him. She, too, is a former Quinn resident.

More than 20 Quinn Cottages alumni attended the party, each with a dramatic story to tell.

Gina Joaquin, 37, had fallen into the despair of homelessness when she was accepted at Quinn Cottages in November 2005.

"When you come from homelessness, and you get into a program like Quinn Cottages, you begin to build a foundation," Joaquin said.

At Quinn, she felt so safe and secure, she didn't want to leave.

But leave she did, after 12 months.

"I had fear within me – the fear of transition," said Joaquin, now an office technician in the grants management division of the Governor's Office of Homeland Security.

"It's a new world now, and I am out there," she said. "I am a productive member of society."

Quinn Cottages was built by Mercy Housing California, a nonprofit housing development firm. It is now the landlord for the complex.

"The success of this program speaks for itself," City Councilman Kevin McCarty said. "We as a city should be building more Quinn Cottages."

For more information about Quinn Cottages, call (916) 492-2386.

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Stuart Leavenworth: Rising from the streets

Serna Village offers successful piece to Sacramento's homeless puzzle

By Stuart Leavenworth - sleavenworth@sacbee.com
Published 12:00 am PST Sunday, December 2, 2007

Three weeks ago, Sacramento authorities were forced to uproot a group of homeless campers who had pitched tents on a private lot at North B Street.

It wasn't a moment that inspired civic pride.

In a predictable pattern, the police scattered the campers to other, less visible areas. Yet the rousting had at least one beneficial effect: It refocused attention on the area's homeless, arguably one of Sacramento's most intractable problems. And it raised questions of whether city and county officials are fully committed to their 10-year plan to end homelessness.

These questions led to a column in which I examined the futility of rousting homeless camps. Readers reacted strongly. Some suggested I house the vagrants in my backyard. Others questioned whether, after years of task forces, committees and reports, anything was being done to address the root causes of homelessness or assist those who desirous of help.

These questions led me to Serna Village.

A supportive housing program at McClellan Park, Serna Village is one of the more obvious successes in the puzzle of Sacramento's homeless conundrum. Eighty-three families live at this apartment complex, and while Serna Village isn't a cure-all, it has carved out a crucial niche.

Along with its sister campus, Quinn Cottages in downtown Sacramento, Serna Village focuses on homeless families who have been split up by drugs, spousal abuse, mental illness and the foster care system, and are willing to turn their lives around.

Over the last decade, scores of formerly homeless families – more than 400 adults and kids – have "graduated" from Quinn and Serna and gone on to live on their own.

No longer are they filling jail space or adding to the caseloads of the foster care system. Many are now paying taxes into a system that once spent tens of thousands of dollars on them in a given year.

Recently, I walked into the office of Serna Village, and one of the first people I met was C.J. Harrison, who was working behind a computer. Because of the way he carried himself, I initially assumed C.J. was one of the young staff members of Serna Village.

I soon learned otherwise.

Up until 2006, C.J. was lost in the state's foster care system and seemed destined for a life of trouble. By his own recollection, he spent his youth at 57 different places – foster homes, processing centers, relatives homes' and juvenile hall.

"In some of those homes, I was just beat on," said C.J. "At one place I was stuck down in the basement for weeks. No windows. No nothing. I was treated like I was a pet."

Last year, Quinn Cottages helped C.J. reunite with his mother, sister and brother. Then the family moved to Serna Village, where he now leads many of the after-school programs. He hopes to attend college.

"I have a whole different perspective now," said C.J. "I'm trying to forget my past and figure out how to make a future."

The second person I met at Serna Village was Jo, a 39-year-old woman who asked that her full name not be used, for obvious reasons.

Like a lot of women living at Serna Village, Jo is a survivor of past abusive relationships. For years, she eked out a living by cleaning rooms around Sacramento, with some of the money going to her drug habit and the five children she is rearing.

"I went from motel to motel," she recalled. "My friends put me up on couches. I bounced around a lot, and so did the kids."

Jo's turnabout started in 2006 when she got off drugs and found refuge at the St. John's Shelter on Power Inn Road. Back then, St. John's was turning away about 25 women and kids every day. Today, the average number is 90. Persevering, Jo and her children managed to get in.

While at St. John's, Jo heard about the Serna Village program, which offers longer-term housing and support for families, including more than 200 children. The program has the added benefit of being an attractive apartment complex, with gardens, a community room and gym privileges across the street.

Gaining residency at Serna Village, however, wasn't a cakewalk. In Jo's case, she was turned down the first time she applied. The village's screeners weren't convinced she was fully committed to staying off drugs.

"A lot of people come to us because they think this is a low-income housing project," said Kimberly Niles, the intake coordinator at Serna. "We like to tell people that this is a program first, and the housing comes with the program."

To qualify, applicants must demonstrate they are genuinely homeless; have disabilities (physical or mental); have been sober for six months; are willing to volunteer service and submit to drug testing.

Such rules are standard for many homeless programs. Serna Village and Quinn Cottages, however, go beyond those strictures by engaging residents in their own recovery.

Instead of treating the homeless as recipients, the families at Serna are called participants and are expected to design, and carry out, a plan for their personal development. Many of the hired staff were once homeless themselves. Niles, for instance, previously lived on the street before going through the program, graduating and moving into her own apartment in 2005.

Everyone at Serna Village, including the staff, carry around small notebooks, called passports, that lay out

their individual goals. Jo's passport lists daily chores, along with personal objectives, such as losing weight and learning to read and write. Her passport also lists "personal warning triggers," such as avoiding TV shows that portray people partying and taking drugs.

Robert Tobin, director of Cottage Housing Inc., the nonprofit that runs Quinn Cottages and Serna Village, said that both campuses are grounded on the "resiliency model." This model, he said, seeks to help people turn their lives around by first creating a sense of belonging and usefulness.

"We are trying to reach out to people who are sick and tired of being sick and tired," said Tobin. "These may not be people who are ready to change, but they are willing to change."

Bonnie Benard, a Berkeley consultant who has written a book on the resiliency model, said Serna Village is remarkable in its attempt to involve residents in all aspects of its operation.

"You've got participants sitting on the advisory board and planning the structure of the program," she said. "That creates a whole different atmosphere."

Amazingly, the Cottage Housing experiment was nearly stopped in its tracks more than a decade ago. In the early 1990s, some City Council members (and The Bee editorial board) complained that the homes planned at Quinn Cottages were too expensive, at \$52,000 each. Yet 60 were eventually built. Since 1997 320 people have graduated from the downtown cottages.

To honor the late Sacramento Mayor Joe Serna Jr., a supporter of the Quinn project, Cottage Housing and Mercy Housing California then tried to launch an expanded program at McClellan Park. A bitter confrontation ensued. The county offered a hotel for the project, then backed off and offered it to a private developer. Eventually a settlement was struck, leading to the construction of 40 interim units, and in 2005, completion of the current 84-unit Serna Village.

Financed largely through \$12 million in tax credits, the village hasn't become the nuisance that some neighbors feared.

"Generally, it has worked out very well," said Larry Kelley, the president of McClellan Park. "The facility is beautiful, and it's very well run."

By the same token, McClellan Park has turned out to be a good neighbor for Serna Village residents. All have access to a gym next door, along with nearby mental health services, rehab clinics, a grocery store and regional transit.

Every month, Bayside Church sends more than 20 volunteers to sponsor a picnic at the village. Other churches devote time and money to the programs, which include after-school computer labs and dance lessons.

Yet it's not all fun and games. Every Monday night, participants join a well-attended Alcoholics Anonymous meeting in the community center.

On Wednesday, there is a lice check.

If people lapse back into drug use, damage their apartment or don't participate in the shared responsibilities, they risk eviction. This year, the village's staff and peer-review panel – made up of elder participants – evicted 23 families from Serna Village.

Tobin attributes that unusually large number to an influx of residents who came straight from emergency shelters, instead of other supportive programs.

People who risked eviction were given second chances, he said. But ultimately the village staff and elders had to "what was good for the community, instead of what was good for the individuals."

So, does Serna Village offer lessons for other homeless services? By all accounts, it does.

With an annual budget of about \$1 million, Serna Village keeps more than 300 adults and kids off the streets each year. Given that prison costs about \$43,000 a year per person and foster care costs about half that, the money spent on Serna Village (which largely comes from federal grants and charitable contributions) pencils out in an economic and moral sense.

Serna Village also demonstrates, contrary to popular conception, that a large number of homeless people are looking for help. The dozens of families on the waiting list at St. John's and Serna Village are just some of the examples. Other shelters and programs are also oversubscribed.

At the same time, Tobin acknowledges the Serna Village approach has its limitations. Many of the homeless suffer from years of chronic substance abuse and untreated mental illnesses. They need a different form of intervention, starting with detox. Many lack the capacity to seek such help.

So far this year, 18 families have graduated from Serna. C.J. and Jo are working toward that goal. Jo says she looks forward to moving out "so others move in." Both say they are grateful not to be out on the street or in an encampment like the one recently roused.

Still, the horizon for people like C.J. and Jo is hardly a glowing sunrise. Both deal with memories of their past and the stigmas society associates with homeless people. C.J., for instance, says he can't convince local employers – restaurants and other businesses – to offer him a job. Village elders say C.J. is a natural leader, but in four months of looking for work, no one has offered him a job.

During our conversations, I told C.J. about one businessman who recently called me, railing that all homeless people are "losers" and undeserving of either help or newspaper ink.

C.J. says that mind-set is everywhere.

"People have all these stereotypes," he says. "They say the same thing about folks in the ghetto. But it's a variety of people you see out on the streets, not just the low-lives. Not all of us are the same."

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Cottage Housing Inc.

Neither Helpless nor Hopeless



A 300-percent rise in employment. A 43-percent decline in welfare dependence — not statistics usually associated with homeless people or programs. But Cottage Housing Inc.'s homeless transitional housing programs are hardly usual. "They're one of a kind," says Eric Stanion, an executive for Bank of America, which selected CHI as one of eighty agencies among 2,000 nationwide competitors for its 2006 Neighborhood Excellence Initiative.

CHI does things with people rather than for them. Residents commit to helping themselves — and each other — to maintain sobriety, render voluntary service and pursue education, employment and other personal goals. They're participants, not recipients.

This approach helped 88 percent leave Quinn Cottages last year with housing secure, income stabilized and sobriety intact. "The best part about graduating is you get to not be a burden on anyone," says Tammy, a program alumna.

In 2002, Cottage Housing again collaborated with Mercy Housing to open Serna Village at McClellan Park, Sacramento's first and now largest supportive housing program for homeless families. It recently doubled its capacity from 40 to 83 families, offering 200 kids a place to call home.

CHI makes sense and saves cents. By obtaining employment, reuniting with children, staying out of jail and getting off welfare, graduates can save taxpayer

ers \$100,000 annually. "We're going from tax-taker to tax-maker," says Cynthia, another alumna.

The best evidence of Cottage Housing's value to the Sacramento Region is its fourteen alumni who've transformed their homeless nightmare into the American Dream — homeownership.

"It's a place to rebuild dreams and work through fears," says Kristine, a project graduate. "Nobody has to go through anything alone here."

"Both CHI and its program participants are committed and self-motivated," says Robert Tobin, executive director, "but we cannot end homelessness by ourselves."

Find out how you can help.



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